Restocking the Sample Closet: Results of a Trial to Alter Medication Prescribing

Kenneth J. Mukamal, MD, MPH, MA, Lawrence J. Markson, MD, MPH, Steven R. Flier, MD, and David Calabrese, MHP, RPh

Background: Although medication costs make up a large and growing portion of health care costs, few interventions have successfully encouraged physicians to alter prescribing patterns.

Methods: To promote the use of an open formulary, we altered the contents of the sample closets of five primary care practices in eastern Massachusetts. In these practices, we removed all nonformulary drugs in five drug classes and restocked with purchased generic samples. We performed a time series analysis of formulary compliance, before and during an 8-month intervention, with five concurrent control practices for comparison.

Results: Although providers in both the intervention and control practices complied well with the formulary, we found no incremental effect of the sample closet intervention on absolute formulary compliance ($P = .46$) or on the secular trend in formulary compliance ($P = .60$). We also found no effect on these measures in any of the individual drug classes studied.

Conclusions: This sample closet intervention did not appear to improve further the good formulary compliance in these practices. In such settings, better ways are needed to guide prescribing behavior. (J Am Board Fam Pract 2002;15:285–9.)

Medication costs make up a large and growing share of US health care costs. Annual pharmaceutical sales in the US now approximate $90 billion, with 15% yearly growth. To sustain this growth, the pharmaceutical industry spent nearly $14 billion in detailing, sampling, and advertising in 1999.

To ensure appropriate medication use amid this growth in pharmaceutical spending, researchers have sought ways to improve physician prescribing patterns, including counterdetailing, physician education, and restrictive formularies. Because more than 60% of office visits to physicians result in a medication prescription, interventions aimed at the point of patient contact are particularly valued, if not always successful.

One potential site for intervention is with pharmaceutical sampling. The pharmaceutical industry distributed approximately $8 billion in pharmaceutical samples in 2000, highlighting the importance of samples to the industry. An Australian survey has confirmed that sampling encourages more rapid adoption of new drugs, but little else is known about the role of sampling in physician-prescribing behavior.

In 1998, CareGroup, an integrated network of hospitals and practices in eastern Massachusetts, established an open pharmaceutical formulary for affiliated physicians, in which specific medication choices were recommended but not mandated. We sought to determine whether nonformulary medications in sample closets affected compliance with this formulary. We studied 10 affiliated primary care practices, five of which received a multifaceted intervention to restock their sample closets. This intervention included removing nonformulary medications and providing generic samples.

Methods

Study Population

The Affiliated Physicians Group of Beth Israel Deaconess Medical Center is an association of 29 office practices located throughout the greater Boston area. Because of funding limitations, we selected five primary care practices for intervention. We chose five control primary care practices, matched approximately for the number of provid-
ers, to assess the effect of secular trends and con-
current interventions.

All 10 practices actively used sample closets; a
preintervention survey of participating physicians
(with a 60% response rate) found that nearly all
respondents reported providing samples at least
weekly. In this study, the sample closet was defined
as that part of the office in which were stored
samples of prescription medications received from
pharmaceutical representatives. In practice, these
so-called closets ranged from small supply closets
to multiple examination rooms.

Pharmaceutical Formulary
In 1998, CareGroup established a suggested for-
mulary. The CareGroup Pharmacy and Therapeu-
tics Committee recommended specific agents,
chiefly based on effectiveness and average whole-
sale price, for approximately 10 classes of medica-
tions (oral contraceptives, nonsteroidal anti-inflam-
matories, antihypertensives, antihyperlipidemics,
antibiotics, and histamine, receptor antagonists
4. Purchase of generic samples: amoxicillin, penicillin,
cephalexin, doxycycline, trimethoprim-sulfamethoxazole,
enteric-coated erythromycin, atenolol, hydrochlorothiazide,
sustained-release verapamil, cimetidine, ranitidine,
gemfibrozil, ibuprofen, naproxen, and piroxicam
5. Ongoing maintenance of sample closets: purchase of
additional generic samples, solicitation and monitoring of
industry-supplied samples, and removal of excluded
medications

Table 1. Characteristics of the Sample Closet
Intervention.

| 1. Introductory educational lecture for providers |
| 2. Installation of organizing containers |
| 3. Removal of nonformulary medications: nonsteroidal anti-
inflammatories, antihypertensives, antihyperlipidemics,
antibiotics, and histamine, receptor antagonists |
| 4. Purchase of generic samples: amoxicillin, penicillin,
cephalexin, doxycycline, trimethoprim-sulfamethoxazole,
enteric-coated erythromycin, atenolol, hydrochlorothiazide,
sustained-release verapamil, cimetidine, ranitidine,
gemfibrozil, ibuprofen, naproxen, and piroxicam |
| 5. Ongoing maintenance of sample closets: purchase of
additional generic samples, solicitation and monitoring of
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medications |

data for the classes of medication under study. As
a further control, we studied antidepressants, which
were not included in the sample closet interven-
tion. We studied the 6 months preceding the in-
tervention and an 8-month intervention period.
Because we excluded nonformulary medications
from intervention sample closets, we excluded ac-
tual samples from analysis and studied only filled
prescriptions.

We used segmented linear-regression analysis to
estimate changes in levels or trends in the time
series of medication use (the formulary compliance
for each drug class in each month). Regression
models included a constant term, a term for the
concurrent control trend, and terms to estimate
changes in the level or trend of service use that
coincided with the sample closet intervention,
excluding data from January 1999. We controlled
for autocorrelation by assuming a first-order au-
toregressive process, and we used residual analysis
to test model adequacy.

Results
Table 2 shows the characteristics of the study and
control practices. The practices were well matched
in size, prescription volume, and baseline formulary
compliance.

We found no effect of our intervention on over-
all formulary compliance for the classes of drugs we
studied (Figure 1). In a time-series regression anal-
ysis, the sample closet intervention was associated
with no change in either absolute formulary com-

pliance ($P = .46$) or the trend in formulary compliance with time ($P = .60$). Likewise, we found no effect of the intervention on absolute compliance or the trend in compliance among any single drug class: nonsteroidal anti-inflammatory agents ($P = .89$ and $P = .81$), antihyperlipidemic agents ($P = .59$ and $P = .81$), antihypertensive agents ($P = .63$ and $P = .49$), histamine2 receptor antagonists ($P = .44$ and $P = .28$), and antibiotics ($P = .08$ and $P = .75$). The effect of the intervention among these drug classes was similar to the effect among antidepressants ($P = .50$ and $P = .99$), which were not targeted for intervention.

**Discussion**

In this study of patients in 10 primary care practices, we found that restricting the contents of sample closets had no effect on the proportion of prescriptions that complied with an open formulary. This finding was true for all classes of drugs we studied. At least in settings where other interventions to improve physician prescribing are underway, the sample closet does not appear to be a promising target for additional intervention.

Several factors that might explain the failure of this intervention to improve formulary compliance include the targeted patient population, high baseline compliance (a ceiling effect), and limitations of the drugs studied.

We studied patients enrolled in capitated managed care plans and for whom we had complete information about prescription medication use. These patients were essentially all employed, younger than 65 years of age, and insured for prescription medications, which might have limited their likelihood of profiting from a sample closet intervention. Instead, patients with no medication...
coverage might be more likely to receive samples (at no immediate cost to the patient) than the patients we studied.

Formulary compliance among both groups was high during our study. Thus, a ceiling effect might have occurred in which no further improvement could reasonably be expected, although formulary compliance remained less than ideal. Whereas a sample closet intervention might be effective for guidelines that are less widely adhered to than our formulary, it clearly resulted in little incremental value relative to the other interventions already in place in these offices and in many other similar practices throughout the United States.

We studied medications that are frequently prescribed and sampled, making them good candidates for intervention. The preintervention survey of participating physicians found that the drugs most widely distributed were antibiotics, antihistamines, antihypertensives, antidepressants, and asthma medications. Other classes of drugs might be better choices, however, if the decision to choose a particular agent of that class is strongly influenced by availability in a sample closet.

Despite the null findings of this study, other measures that were in place to encourage formulary compliance appeared effective. These measures included academic detailing by pharmacists, regular reporting to practice leaders and physicians, and periodic newsletters. In other settings, academic detailing and involvement of practice leaders improved physician-prescribing patterns\textsuperscript{14,15} and should guide future efforts to change prescribing behavior.

Our formulary did not restrict entire drug classes; rather, it excluded specific agents within a class. For example, the formulary included cimetidine and ranitidine and excluded famotidine and nizatidine. This type of within-class switching has proved feasible and cost-effective in similar populations.\textsuperscript{16,17} Within-class switching, however, does not address such problems as prescribing too many medications, prescribing for too long a time, and prescribing inappropriate classes of drugs (eg, calcium-channel blockers for initial treatment of hypertension). Restocking sample closets might be an approach worthy of study for the latter problem.

Another aspect of our intervention bears mention. Massachusetts Department of Public Health regulations require that samples dispensed from physicians’ offices be individually labeled and recorded, a stipulation also required elsewhere. None of the 10 practices involved in this study fully complied with this regulation at the onset of our study. By limiting the range of branded samples in each sample closet and purchasing prepackaged generic samples, we enabled intervention sites to track dispensed samples and comply with the sampling regulation, an accomplishment that none of the control sites achieved.

In conclusion, we found that restocking sample closets in primary care practices with preferred and generic medications did not materially alter compliance with an open formulary. Other interventions already in place, however, including academic detailing and involvement of practice leaders, appeared to sustain high formulary compliance with time. Where such interventions are in place, additional attention to restocking sample closets might be unnecessary.

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